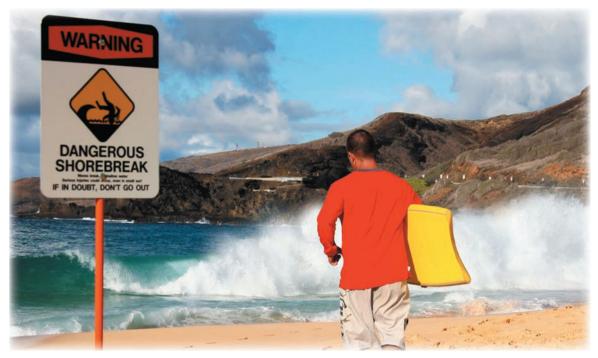
No Get Hurt Hawaii: Prevent injuries. Clip and share this with someone you know.

Swim smart. Follow beach warning signs.





A reminder from the Hawaii State Department of Health and its community partners.



NO GET HURT Hawaii

Ocean conditions constantly change. A calm-looking sea can become rough in an instant. Prevent your risk of ocean drowning:

- Read and follow beach warning signs
- Swim at lifequarded beaches
- Talk to a lifeguard about ocean conditions
- Be careful when entering the water
- Always swim with a buddy
- Visit www.hawaiibeachsafety.org for current information about Hawaii beach safety

lujuries are preventable.

www.nogethurt.hawaii.gov